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Housekeepers' Chat

Thurs., Jan. 12/28

(NOT FOR PUBLICATION)

Subject: "Economical Use of Left-overs." Information from Bureau of Home Economics, U. S. Department of Agriculture.

--ooOoo--

The first part of today's program is a reply to a letter received two weeks ago, from a friend who asked for a radio cookbook. "I hope," she writes, "to find recipes for making left-overs into economical dishes."

Glancing through the radio cookbook, hastily, I find there are a number of recipes for left-overs.

For example, take the recipe on Page 42, for Chicken Rizotto. This is a savory, economical dish, of rice and chicken. It is an excellent means of extending the flavor of a small quantity of left-over chicken, into a substantial dish for another meal. Left-over cold roast fowl, or bony pieces left from the first serving of chicken fricasse, can be used for Chicken Rizotto. The recipe is on page 42, in the Radio Cookbook.

The next left-over recipe is for Shepherd's Pie. I forgot to note the page number, but I'm sure it's in the cookbook. I suppose that everybody knows how to make Shepherd's Pie, in some form or other. The easiest way I know of is to grease a baking dish, and cover the sides with a thin layer of seasoned, mashed potato. Then fill the center with a well-seasoned, slightly thickened stew, with creamed chicken, or with creamed fish. Of course, there should be no potatoes in the stew. Then cover the top with the mashed potato. Bake until the pie is hot clear through, and lightly browned on top. You will find that a small amount of baking powder, or a well-beaten egg, adds to the lightness of the potato.

On page 59 of the cookbook there is a recipe for an old standby, Bread Pudding, which may be served hot or cold.

The last recipe I'll mention is Bread-Crumb Cake, a good method of using up stale bread crumbs. I shall broadcast the recipe for Bread Crumb Cake, for the sake of those who do not yet have copies of the free radio cookbook. Bread-Crumb Cake requires the following seven ingredients:

1 cup sugar	1 teaspoon vanilla
2 cups crumbs, from very dry oven-toasted bread	1/4 teaspoon salt
3 eggs	1/4 teaspoon almond extract, and
	1/4 teaspoon cinnamon.

Seven ingredients. Check them please: (Repeat ingredients).

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Beat the eggs well, add the sugar, and stir in the other ingredients. Pat the mixture evenly in a shallow greased pan. Bake in a slow oven from 30 to 40 minutes. This has somewhat the texture and flavor of macaroons, and as I said before, is a good way to use up stale bread.

We shall proceed now to questions and answers, because there will be no time tomorrow to answer questions.

First question: "The waffles stick in my new electric waffle iron. Should I grease the iron?"

No. An electric waffle iron should never be greased. Perhaps your waffles stick because you have not put enough melted butter, or other shortening, in the batter. One or two extra tablespoons of melted shortening in the batter will often keep waffles from sticking in an electric iron.

This question reminds me of a problem of my own. Does anybody know what to do for a percolator that snores? Really, it is embarrassing. I received a bright and shiny electric percolator for Christmas, and the very first time I used it, at a party, the eccentric thing snored violently, all the time it was making coffee. I hesitate to ask the Bureau of Home Economics what to do for a snoring percolator. The Bureau might not appreciate the seriousness of the matter. However, I shall be very grateful for any advice you can give me, on the subject.

Second question: "Can you tell me how to make hamburger, in large quantities?"

To make hamburger, in large quantities, grind lean beef, such as the round, neck, flank, and trimmings, and a little fat, in a sausage grinder. If desired, put a small amount of bacon in, for flavoring. For seasoning 50 pounds of meat, about one pound of salt and four ounces of pepper are sufficient. I am sending you a copy of Farmers' Bulletin No. 1415, called "Beef on the Farm -- Slaughtering, Cutting, and Curing." This bulletin is sent free on request by the U. S. Dept. of Agriculture.

Third question: "Does the U. S. Department of Agriculture have a free bulletin on making budgets?"

It surely does. A new free bulletin, called "Planning and Recording Family Expenditures," has just been published by the United States Department of Agriculture. It is sent free, on request.

Next question: "Please tell me what type of curtains are appropriate for a small breakfast room."

Something cheerful and refreshing materials appropriate for the breakfast nook are spotted, checked, or striped gingham, English prints, cretonne, or muslin banded with color. Every clever housewife knows that if a man has a good breakfast, in pleasant surroundings, he will go to work believing that all's right with the world.

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Only one more question, and that is from a listener who wants to know how to prepare breaded veal cutlets, as they are prepared in restaurants. She says she has tried several methods, but finds none of them satisfactory.

I shall read you the recipe for Breaded Veal Cutlets, which was supplied by the Bureau of Home Economics. I'm sure you will find it satisfactory. Six ingredients, for Breaded Veal Cutlets:

1-1/2 pounds veal, cut 3/4 inch thick	1 tablespoon water
1 egg	3/4 teaspoon salt, and
1 cup dry bread crumbs, sifted	1/8 teaspoon pepper

Let's go over the six ingredients again, please: (Repeat ingredients).

Wipe the meat with a damp cloth, and cut it in pieces suitable for serving. Beat the egg slightly, add the water, and mix well. Put the salt and pepper with the bread crumbs. Dip the pieces of veal in the egg, and then roll well in the bread crumbs. Place the crumbed veal on a plate, or board, and allow it to stand, for 1 or 2 hours, to dry the surface. Use any desired cooking fat or oil, and when the fat is hot enough to brown a cube of bread in 5 or 6 minutes, lower the pieces of meat into it and cook from 6 to 7 minutes. The use of a thermometer will give more satisfactory results. The temperature of the oil should be 150° to 155° Fahrenheit. Cooking the meat at this temperature for 6 minutes will give a golden brown crust, and the meat will be properly cooked to the center. Sufficient time must be given to cook the meat, and if it should brown too quickly on the outside, the temperature of the fat must be reduced. After the meat is browned, place it on paper to drain off the excessive fat. Serve garnished with parsley. Tomato sauce is always liked with veal prepared by this method.

